

# A Healthy Long Beach Free Workshops Join the Conversation! Learn. Act Now.

LIVE WELL LONG BEACH



## Accessing Local Data

**July 22, 2015 (1-2:30 pm) @ 3820 Cherry Ave.**

LiveWellLongBeach.org is a website for accessing community health indicator data, best practices for health, interventions, community health events, and local resources in the City of Long Beach and surrounding areas. Learn how to use data for grant writing, planning, and program development.

**R<sub>x</sub> for Health** 

## Healthy Lifestyles

**July 28, 2015 (1-3 pm) @ 3820 Cherry Ave.**

Adults who are obese now outnumber those who are merely overweight, according to a new report in the journal JAMA Internal Medicine. Learn about obesity trends among children and adults in Long Beach and what medical providers can do to promote healthy lifestyles among their patients. Resources and best practices from around the country will be discussed.



## Using Common Messages for Health

**July 29, 2015 (1-3 pm) @ 3820 Cherry Ave.**

News, Facebook, Instagram, Tweets and Pokes. We are bombarded with too much information and no wonder many people are confused. This workshop will feature simple messages agencies can use to promote healthy lifestyles. Learn how to respond to common misperceptions about nutrition, exercise, and stress.



All workshops are free and open to the public. No RSVP required. First come, first served. For information, please contact Cheryl Barrit at (562) 570-7920 or [Cheryl.Barrit@longbeach.gov](mailto:Cheryl.Barrit@longbeach.gov)